

**HEART ATTACK SYMPTOMS**

- ☐ difficulty breathing, gasping
- ☐ pressure, tightness, squeezing, or sensation of fullness in the chest (especially if it spreads across chest to shoulder, arm, neck, or jaw)
- ☐ nausea, vomiting, indigestion
- ☐ cold sweat or clammy skin
- ☐ pale or blue-looking skin, lips, or nails

FIRST AID FOR ...

HEART ATTACK

Someone trained in CPR can greatly improve the victim's chances of surviving a heart attack.

Heart attack means the heart has stopped pumping blood. It is the leading cause of death in adults. But, if you know the symptoms and what to do first if heart attack strikes, you may be able to save the life of a friend, coworker, or loved one. It's a good idea to take a class in CPR (Cardio Pulmonary Resuscitation). With CPR training, older children and adults alike may be able to help a heart attack victim. A heart attack can happen anytime, and within 4-6 minutes death or serious damage can take place. But, someone trained in CPR can greatly improve the victim's chances of surviving a heart attack.

Symptoms Of Heart Attack

There are many possible symptoms of heart attack. The more symptoms a person has, the more likely it is that he or she is having a heart attack. Even if a person has only one or two symptoms, though, it's important to seek medical attention as soon as possible. The most common symptoms of heart attack are listed in the box above.

What To Do

Call an ambulance immediately. If the victim is conscious, help him or her to a sitting position. Keep the victim warm and comfortable, using pillows for support and loosen tight clothing (especially collars). Ask if the person is taking medication and if you can get it for him or her. If the person is unable to speak, look for an emergency medical ID card or bracelet. If breathing has stopped, give mouth-to-mouth resuscitation. If breathing and pulse have stopped, and if you are trained, perform CPR.

Preventing Heart Attack

There are many things you can do to lessen your risk of suffering a heart attack. Speak with your doctor if you have questions about how to: quit smoking avoid fatty foods exercise regularly reduce stress, learn to relax control blood pressure reduce serum (blood) cholesterol